

# The Phoenix

Parent   
Newsletter



CLUB PHOENIX TEEN CENTER

“Spring is nature’s way of saying, ‘Let’s Party!’” - Robin Williams

Spring has sprung and you don't want to miss a moment in the Club Phoenix Teen Center this quarter! From special events like Taco Tuesday on Cinco De Mayo and the End of Year Splash Bash to Teen Wellness Workshops and our 12th Annual Phoenix Awards Ceremony, we will round out this quarter with a 60th Anniversary Celebration of the Vienna Community Center and kick off the Summer Season with our Summer Series for daily activities. Jump into this quarters parent newsletter and learn more about what’s buzzing this season.

**Ianna Alhambra**  
After School Program Coordinator



## General Information:

Vienna  
Community Center  
120 Cherry St. SE,  
Vienna, VA 22180

Hours of Operation:  
Monday - Thursday  
2:30 - 6:30 pm.  
Friday  
2:30 - 9 p.m.

Extended Hours Days  
Monday - Friday  
12:30 - 6:30 p.m.  
April: 6, 10, 22  
May: 13, 26, 27  
June: 17

Closed:  
April: 1, 2, 3  
May: 25  
June: 19



# 2026 Q1 Photo Recap



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# Club Phoenix Teen Center

## *Rise up and make a difference.*

Our purpose is to provide a structured and safe environment for teens to develop overall health and wellness through participation in recreational and educational activities.

This after school program is free for teens in the greater Vienna area, ages 11 – 17 and in grades 6 – 12.

We focus on self-development and the eight dimensions of wellness during the program, while incorporating the teens interests, hot topics, national heritage months, special events, special interest group clubs, and serving our community. This is a safe space for teens to learn more about themselves and how they can make an impact on their community through a social environment.

### What to expect in the Teen Center:

Large tabletop games, video games, board games, independent activities, arts and crafts, and more! Snacks for purchase at the Nest, concession stand, range from \$0.25 - \$1.50.

### Volunteer Community Service

All the volunteer opportunities are through the Vienna Parks and Recreation Department unless otherwise stated and all volunteers must sign a volunteer application form prior to volunteering. Please contact Ms. Ianna Alhambra at [Ianna.Alhambra@viennava.gov](mailto:Ianna.Alhambra@viennava.gov) for any questions and for signup information.

### The Nest, the concession stand

This is an ongoing volunteer opportunity that meets the needs of the different availabilities for teens who need to fulfil service requirements. They develop leadership skills, cash handling experience, and display customer service skills. Sign up here:

[https://www.signupgenius.com/go/10C094AADA-F2CA4FFC16-60755525-thenest#/#/](https://www.signupgenius.com/go/10C094AADA-F2CA4FFC16-60755525-thenest#/)

## Apply for an OddJobs List

Calling all youth interested in earning some extra cash! Do you enjoy babysitting or have a passion for dog walking? The Vienna Parks and Recreation Department sponsors a program in which youth can sign up to be added to the OddJob list to help their neighbors while earning some extra cash. Applications can be found at the Vienna Community Center reception area and the Club Phoenix Teen Center.

## Club Phoenix Rentals

Club Phoenix is available for rentals on weekends to members of Club Phoenix Teen Center that have already received an in-person orientation. Contact Ms. Ianna Alhambra for inquiries at [Ianna.Alhambra@viennava.gov](mailto:Ianna.Alhambra@viennava.gov) or call 703-255-5736 to gain more information and set up a tour.

## SELF-DEVELOPMENT AND EIGHT DIMENSIONS OF WELLNESS

### Self-Development *September*

Self-Development is the process by which a person's character or abilities are gradually developed. Teen self-development is developing a strong sense of self, personality, connection to others and individuality.

### Eight Dimensions of Wellness

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), the eight dimensions of wellness are Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social, and Spiritual. Each month during the school year we will focus on a different wellness dimension every Wednesday for our Wellness Wednesday series.

### Intellectual Wellness *October*

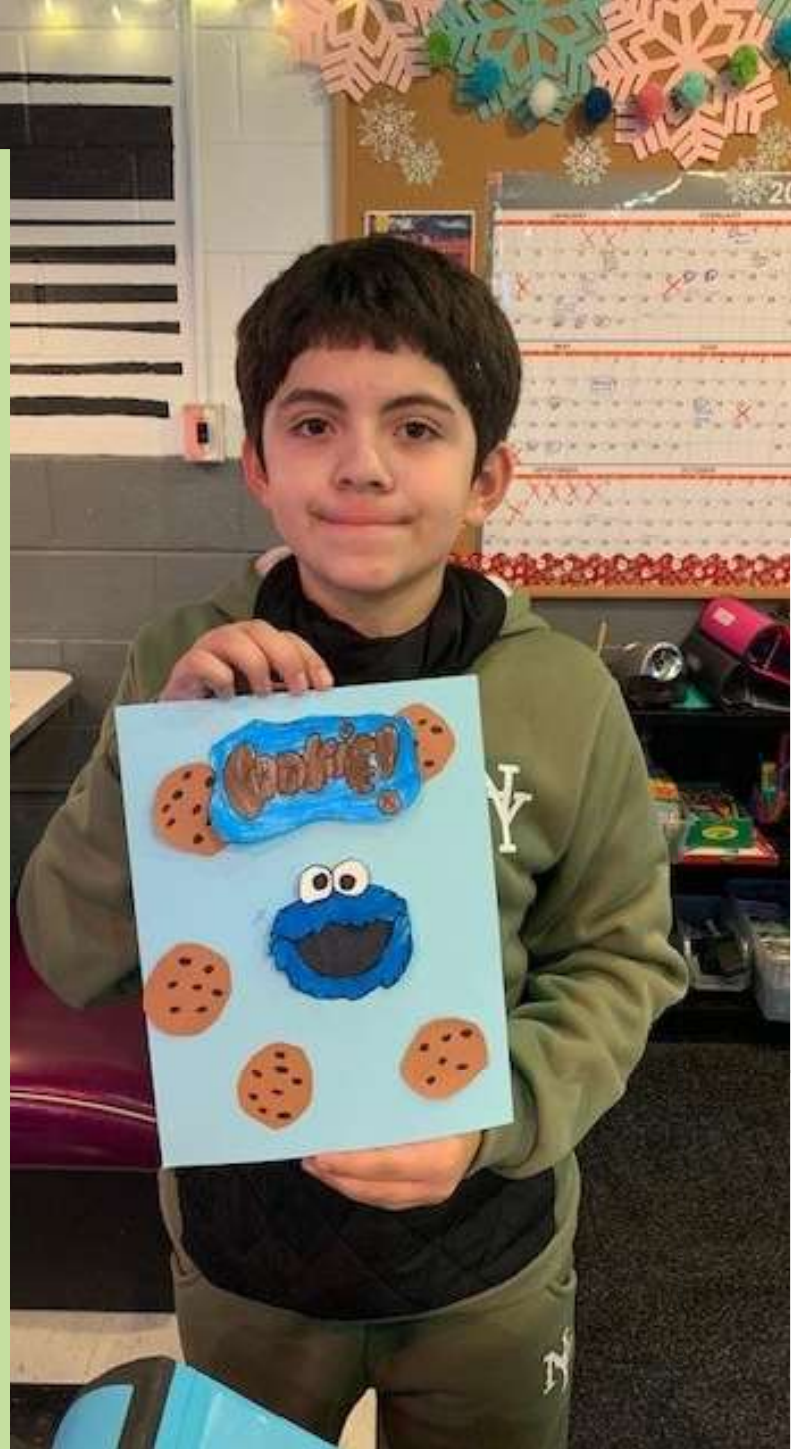
Intellectual development involves the ability to understand and meet your needs to learn, be creative and broaden your knowledge- this can include areas of study, art and music.

### Vocational Wellness *November*

Vocational/ Occupational wellness involves participating in meaningful and purposeful activities at work and at school. It involves your satisfaction and ability to learn and grow from what you do. This dimension still applies to students that do not have a job.

### Social Wellness *December*

Social wellness includes showing interest and concern in relationships with family, friends, peers, and the community. This dimension of wellness involves the ability to create a connection to others in your life, feel a sense of belonging and create a solid support system for themselves.



“Everyone deserves a clean, healthy, sustainable and livable environment.” Dr. Robert Bullard, Father of the environmental justice movement



## SELF-DEVELOPMENT AND EIGHT DIMENSIONS OF WELLNESS

### Financial Wellness *January*

Financial wellness is the understanding and application of financial situations and goals, savings, debt, and income. This dimension of wellness involves a feeling of contentment and future planning for financial stability.

### Emotional Wellness *February*

Emotional wellness is the ability to express feelings, adjust to emotional challenges, cope with stress, and actively enjoy life. This dimension of wellness also includes creating and maintaining strong and satisfying relationships.

### Physical Wellness *March*

Physical wellness is developing a healthy body: including healthy habits through nutrition, exercise, sleep, hydration, and no impurities within the body. This dimension of wellness involves the recognition and process of taking care of your body by staying active, eating healthy, and getting rest.

### Environmental Wellness *April*

Environmental wellness is a sense of safety, comfort, and connection with your physical surroundings. This dimension includes making sure that your surroundings- like your home, room, desk, car, workspace are safe, stable, and positive.

### Spiritual Wellness *May*

Spiritual wellness represents an individual's personal beliefs, values, and what gives them meaning and purpose. This dimension of wellness does not necessarily involve specific religious values and customs; the focus is placed more on understanding your feelings on the meaning of life and your purpose in the world.

“It takes courage to  
grow up and become  
who you really are.” -  
E.E. Commings

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# Teen Council Program | Scholarships Van Transportation System

## Teen Council Program

The Teen Council volunteer program is a group of youth leaders from Club Phoenix Teen Center who participate in many events ranging from volunteering at special events to leading mini lessons to fellow teens in hopes of making a difference in their community. Please join me in welcoming to the Teen Council School Year '25 – '26: Xavier Allen (11<sup>th</sup> Grade at James Madison High School), Max Cook (8<sup>th</sup> Grade at Thoreau Middle School), Lila Crane (10<sup>th</sup> Grade at James Madison High School), Nelle David (10<sup>th</sup> Grade at James Madison High School), Yordanos Geremew (9<sup>th</sup> Grade at Marshall High School), Kyndall Kelso (10<sup>th</sup> Grade at James Madison High School), Aiyla Khawaja (11<sup>th</sup> Grade at James Madison High School), Willow Race (8<sup>th</sup> Grade at Thoreau Middle School), Amelia Schneider (10<sup>th</sup> Grade at James Madison High School), and Natalie Syriani (10<sup>th</sup> Grade at James Madison High School).

**Special Event: 12<sup>th</sup> Annual Phoenix Awards, Friday, May 8 from 6 - 7:30 p.m.**

The Teen Council would like to cordially invite you to assist us in honoring the hard work and diligence of our Club Phoenix Teen Center members, Teen Council members, volunteers, and staff members. We will have a Spirit week, May 4 - 8, leading up to the Awards Ceremony. Special Performance from School of Rock - Vienna.

## Scholarships

The Town of Vienna offers scholarships to children in grades K-12 who live within Town of Vienna limits. Scholarships are available to children who qualify for free or reduced-price lunches, temporary assistance for needy families, Aid for dependent children, foster care, or Medicaid. Find additional information about the program, an application, or assistance on the webpage link below. Scholarship applications should be submitted with a completed class registration form. <https://www.viennava.gov/Town-Departments/Parks-and-Recreation/Class-and-Program-Information#section-6>

## Van Transportation System

Club Phoenix Teen Center provides free transportation for any Club Phoenix member from Thoreau Middle School on Tuesdays and Kilmer Middle School on Fridays. To reserve your spot in the van, please follow the link below at your respective school. If you want Club Phoenix Teen Center to pick up at your school, send Ms. Ianna Alhambra an email request and spread the word at your own school about the Club Phoenix Teen Center.

Tuesdays and Thursdays, Thoreau Middle School Van Pick Up Link:

<https://www.signupgenius.com/go/10C094AADAF2CA4FFC16-58197444-thoreau>

Friday, Kilmer Middle School Van Pick Up Link:

<https://www.signupgenius.com/go/10C094AADAF2CA4FFC16-58201936-kilmer>

# APRIL ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>April 2026</b>				
5	6 Extended 12:30 – 6:30 p.m. Teen Choice	7 T-shirt tie-dye Day Teen Council Meeting 5 – 6 p.m. Van Pick Up	1 <b>CLOSED</b>	2 <b>Cancelled Field Trip 12–4 p.m.</b>	3 <b>CLOSED</b>	4
12	13 Teen Choice	14 GOTR Teen Wellness Workshop: Star Power, Self-Talk, and Finding Balance 4:30 – 5:30 p.m. Van Pick Up	8 Wellness Wednesday: Environmental Awareness Kahoot	9 Spring Scavenger Hunt Van Pick Up	10 Extended Hours 12:30 – 6:30 p.m. Teen Choice	11
19	20 Teen Choice	21 Flower Pot Painting Activities Teen Council Meeting 5 – 6 p.m.	15 Wellness Wednesday: Craft with Recycled Materials	16 Chalk Artwork Van Pick Up	17 High School Only Night: 7 – 9 p.m. Open Mic and Poetry Reading Van Pick Up	18
26	27 Teen Choice	28 GOTR Teen Wellness Workshop: Communicating Effectively: The Hard & The Easy 4:30 – 5:30 p.m. Van Pick Up	22 Extended Hours 12:30 – 6:30 p.m. <b>EARTH DAY</b> Play Outside then enjoy natural treats in the Teen Center	23 Spring Scrapbook Page Van Pick Up	24 Puzzle Tournament Van Pick Up	25
			29 Wellness Wednesday: Photo Nature Walk	30 This or That Social Game Van Pick Up		

Extended Hours | Volunteer Opportunities | Van Pick Up | Special Events

# MAY ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		<h1>May 2026</h1>				1 First Friday Flicks: KPOP DEMON HUNTERS	2
3	4 Spirit Week: Pajama Day	5 Spirit Week: <b>TACO TUESDAY</b> <b>Cinco De Mayo Party</b> <b>Teen Council Meeting</b> <b>5 - 6 p.m.</b> Van Pick Up	6 Spirit Week: Jersey Day	7 Spirit Week: Throwback Thursday Decades Day	8 <b>Phoenix Awards</b> <b>6 - 7:30 p.m.</b>  Van Pick Up	9	
10	11 Teen Choice	12 GOTR Teen Wellness Workshop: Cultivating Emotional Intelligence - Responding by Pressing Pause 4:30 - 5:30 p.m. Van Pick Up	13 Extended Hours 12:30 - 6:30 p.m. Teen Choice	14 Mobility Movement Flow  Van Pick Up	15 High School Only Night: 7 - 9 p.m. Spring Social: Savory S'mores, Walking Tacos, and Yard Games Van Pick Up	16	
17	18 Teen Choice	19 Paint Swap Van Pick Up	20 Wellness Wednesday: Spirit Animal Mandals	21 Billiards Tournament Van Pick Up	22 Yard Games Van Pick Up	23	
24	25 <b>CLOSED</b>	26 Extended Hours 12:30 - 6:30 p.m. GOTR Teen Wellness Workshop: Using Our Agency to Stand Up for Ourselves & Others 4:30 - 5:30 p.m.	27 Extended Hours 12:30 - 6:30 p.m. Teen Choice	28 Mindful Meditation Stations  Van Pick Up	29 Gratitude Garland  Van Pick Up	30	
31	Extended Hours   Volunteer Opportunities   Van Pick Up   Special Events						

# JUNE ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Teen Choice	2 Capture the Flag	3 Ninja Game	4 Guess The Imposter Drawing Edition	5 First Friday Flicks: The Super Mario	6
7	8 Teen Choice	9 Bingo	10 Dog Days of Summer	11 Nature Walk	12 Summer Trivia Game	13
14	15 Teen Choice	16 Spike Ball	17 <b>LAST DAY OF SCHOOL</b> <b>SPLASH BASH</b> <b>2:30 – 4:30 p.m.</b>	18 Perler Beads	19 <b>CLOSED</b>	20
21 Theme of the week: Summer Reset	22 Move Monday: Let's Get Active - Relay Races	23 Try-It Tuesday: Lowkey Learning Something New - DIY Custom Tote Bags	24 Wellness Wednesday: Main Character Energy - Summer Glow Up Vision Board	25 Throwback Thursday: Old School Cool - Wii Sports and Mario Kart Tournament	26 Fun Friday: Big Vibes Only - Water Balloon Battle Royale	27
28 Theme of the week: Make It Fire	29 Move Monday: Let's Get Active - Dodgeball Tournament	30 Try-It Tuesday: Lowkey Learning Something New - Comic Strip Story	<h1>June 2026</h1>			

Extended Hours | Volunteer Opportunities | Van Pick Up | Special Events

# GOTR TEEN WELLNESS WORKSHOPS

**A1- Tue., April 14  
4:30 - 5:30 p.m.  
Star Power, Self-  
Talk, and Finding  
Balance**

Teens will learn what it means to 'put in the work' of self-care and discover real-life techniques to cultivate wellness in their lives.

Sign up here:

[https://vaviennaweb.myvscloud.com/webtrac/web/iteminfo.html?](https://vaviennaweb.myvscloud.com/webtrac/web/iteminfo.html?Module=AR&FMID=100841053)

[Module=AR&FMID=100841053](https://vaviennaweb.myvscloud.com/webtrac/web/iteminfo.html?Module=AR&FMID=100841053)

**C1 - Tue., May 12  
4:30 - 5:30 p.m.  
Cultivating  
Emotional  
Intelligence -  
Responding by  
Pressing Pause**

Teens will delve into the reaction-response spectrum and assess their own triggers and reaction instincts in order to develop a more measured and meaningful manner to respond to stressful situations.

Sign up here:

[https://vaviennaweb.myvscloud.com/webtrac/web/iteminfo.html?](https://vaviennaweb.myvscloud.com/webtrac/web/iteminfo.html?Module=AR&FMID=100841047)

[Module=AR&FMID=100841047](https://vaviennaweb.myvscloud.com/webtrac/web/iteminfo.html?Module=AR&FMID=100841047)

**B1 - Tue., April 28  
4:30 - 5:30 p.m.  
Communicating  
Effectively: The  
Hard & The Easy**

Teens will explore diverse communication styles and learn skills to better convey tough topics, such as emotions

Sign up here:

[https://vaviennaweb.myvscloud.com/webtrac/web/iteminfo.html?](https://vaviennaweb.myvscloud.com/webtrac/web/iteminfo.html?Module=AR&FMID=100841040)

[Module=AR&FMID=100841040](https://vaviennaweb.myvscloud.com/webtrac/web/iteminfo.html?Module=AR&FMID=100841040)

**D1 - Tue., May 26  
4:30 - 5:30 p.m.  
Using Our Agency  
to Stand Up for  
Ourselves &  
Others**

Teens will examine their own agency and how to use their 'advocacy muscles' to enact change in their lives, both large and small.

Sign up here:

[https://vaviennaweb.myvscloud.com/webtrac/web/iteminfo.html?](https://vaviennaweb.myvscloud.com/webtrac/web/iteminfo.html?Module=AR&FMID=100842797)

[Module=AR&FMID=100842797](https://vaviennaweb.myvscloud.com/webtrac/web/iteminfo.html?Module=AR&FMID=100842797)

**Sign up here:  
Activity  
#422410  
-A1, -B1, -C1, -D1**

*Girls on the Run* of Northern Virginia (GOTR NOVA) is a 501c3 nonprofit organization dedicated to inspiring the next generation of female leaders. The program uses a fun, experience-based curriculum to instill life skills and build physical, mental, emotional, and social health.

GOTR NOVA hosts teen wellness workshops for students of all genders and ages to develop a wide range of hard and soft skills for participants and provide tangible examples that attendees can take and implement in their everyday lives.

Teens can register for all workshops or pick and choose topics that resonate with them!

Contact Ms. Ianna Alhambra via email at [Ianna.Alhambra@viennava.gov](mailto:Ianna.Alhambra@viennava.gov) for more information and questions about the program.

Club Phoenix Teen Center Presents:

# Teen Wellness Workshops

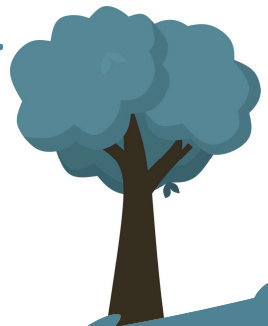
Instructed by Girls on the Run

Located at The Vienna Community Center

Ready to build new leadership skills and strategies? Join Girls on the Run for a fun, interactive, and empowering workshop series dedicated to growing this spring! Attendees will explore a variety of leadership topics designed to **enhance personal well-being, improve communication, cultivate healthy responses to life's challenges, and use their voice to be an advocate in their community.** Open to all teens, individuals can attend all workshops or pick and choose topics that resonate with them!

**Registration is Free! Sign up today on WebTrac:  
GOTR Teen Wellness Workshops Activity #422410**

- Activity #422410 - A1 | Tuesday, April 14; 4:30-5:30 p.m.  
-Star Power, Self-Talk, and Finding Balance
- Activity #422410 - B1 | Tuesday, April 28; 4:30-5:30 p.m.  
-Communicating Effectively: The Hard and The Easy
- Activity #422410 - C1 | Tuesday, May 12; 4:30-5:30 p.m.  
-Cultivating Emotional Intelligence - Responding by Pressing Pause
- Activity #422410 - D1 | Tuesday, May 26; 4:30-5:30 p.m.  
-Using Our Agency to Stand Up for Ourselves & Others



Email Ms. Ianna Alhambra for more information at  
[ianna.alhambra@viennava.gov](mailto:ianna.alhambra@viennava.gov)  
[www.viennava.gov/teencenter](http://www.viennava.gov/teencenter)



# Youth Open Gym – Parent Information

**Effective April 1, 2026:** All participants under 18 must be registered by a parent or legal guardian to participate in Open Gym at the Vienna Community Center.

**Registration will be available beginning Wednesday, March 11, 2026.**

To register, go <http://www.viennava.gov/webtrac>, select “register” and use activity number: 514090

## Registration Details

- Free and open to residents and non-residents.
- Must be completed by a parent or legal guardian.
- Provides staff with emergency contact information.

## Check-In Process

- Youth must check in with Community Center staff upon arrival.
- Staff will verify registration before gym entry.
- Participants may be asked to show ID if needed.

## Supervision Requirements

Children 10 & under must be directly supervised by a parent or legal guardian at all times.

## Expectations for Participants

- Follow all Community Center rules and staff instructions.
- Treat staff and other participants with respect.
- Failure to comply may result in removal or suspension from Open Gym.

This registration ensures a safe environment, accurate attendance, and reliable emergency contact information.

*Questions? Contact the Vienna Community Center front desk: 703-255-6360*

# Vienna Community Center Gym – Drop-In Guidelines

**Check-In:** *Staff may request identification to verify registration.*

- Participants under 18 must be registered for the Youth Open Gym program and check in with staff.

## Age Requirements

- Children 10 & under must be directly supervised by a parent or legal guardian.
- Adult Drop-In is for ages 18+, unless otherwise specified.

## Drop-In Rules & Expectations

To ensure a safe and respectful environment, all participants must follow these rules:

### Respect & Behavior

- Treat staff and other participants with respect.
- Follow all staff instructions immediately.
- Leave the facility promptly when asked or at closing.  
**Prohibited:** foul language, bullying, harassment, fighting, disruptive behavior.

### Gym & Facility Usage

- Use equipment only for its intended purpose and in designated areas.
- Running, rough play, or unsafe behavior may result in removal.
- Wear appropriate athletic attire and non-marking shoes.  
**Prohibited:**
  - Bouncing balls in hallways/lobbies
  - Dunking or hanging on rims
  - Food or drinks in the gym (water in non-glass containers only)

### Personal Items

- Keep belongings with you at all times.
- Use only your own items unless permission is given.
- The Town is not responsible for lost or stolen items.  
**Prohibited:** bicycles, skateboards, or scooters indoors (use outdoor rack).

### Facility Rules

- Do not misuse or tamper with equipment.
- Report damaged equipment to staff immediately.
- Damage may result in suspension and restitution.

### Prohibited Items

- No alcohol, drugs, tobacco, vaping devices, or weapons.
- Anyone under the influence will be removed.

### Electronics

- Headphones are required for personal music devices.

### Enforcement

- Violations may result in removal, suspension, or other disciplinary action.
- Parents/guardians may be notified of misbehavior or violations of the rules and expectations.
- The Town reserves the right to refuse admission or remove anyone who does not follow rules or staff instructions.



# VIENNA COMMUNITY CENTER 60<sup>TH</sup> ANNIVERSARY OPEN HOUSE

*Celebrate six decades of memories at the Vienna Community Center!*

- **Self Tours**
- **Photo Memory Wall**
- **Give Aways**
- **Refreshments**
- **Share your VCC memories!**



**Friday, April 17**  
**4:00 p.m. – 7:00 p.m.**

\*Ceremonial Cake Cutting at 4:30 p.m.

**VIENNA COMMUNITY  
CENTER**

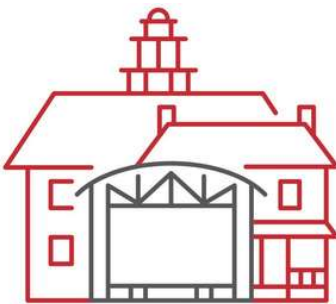
120CherrySt.SE



**MORE INFO**

703-255-6360

[parksrec@viennava.gov](mailto:parksrec@viennava.gov)



TOWN OF  
**VIENNA**  
*Parks and Recreation*